



Life YOUiversity

Quality personal and family life skills education for the military community.

Appropriate Discipline: Setting Limits With Young Children

By: Frances H. Herron, L.P.C., Family Advocacy Educator, Fort Myer

Most parents want to help their children learn self-control, independent thinking, how to get along with others, and how to grow up to be good parents of their own children someday. How can parents successfully accomplish these goals? The child's learning begins early, and it occurs when parents and teachers of infants, toddlers, or preschoolers are continuously involved in setting limits, encouraging desired behaviors, and making consistent decisions about how best to handle behavior issues so that the child learns to be self-monitoring.

Children have to be taught discipline. They are not born with it. They learn it when their parents teach it to them little by little. Although it does take time and patience on the part of the caregiver, it gets easier as children learn to control their own behavior. It is important that parents understand the child's temperament and developmental stage so that their expectations are appropriate and realistic.

Discipline is helping children develop self-control. It is setting limits and correcting misbehavior. It is also encouraging children, guiding them, and helping them feel good about themselves, and teaching them how to make wise decisions. Contrary to some beliefs, discipline is guidance and training, as opposed to punishment. Children are learning from the behavior they see around them, so the most effective methods of training occur when the parents serve as positive role models.

Effective parents help children feel good about themselves. They can also help a child understand the limits of permitted behavior, correct their misbehavior, and teach them to make thoughtful choices. Parents need to accentuate the child's positive behavior. Hearing good things makes us feel good and makes us want to do more good things. Children want to please their parents, but they must be clear on what is expected of them.

A consistent routine for bedtime, meals, and chores helps children feel secure, because they know what the parents expect. If they are given choices within acceptable limits they will gain practice in decision-making. They may need frequent reminders from you as to what is expected of them, but try to keep the rules brief and clear. You can explain why the rules exist (to keep them safe and healthy) but do not give lengthy explanations. Children can help set fair limits. You can set many limits together, though some will have to be set only by the parent. They feel more secure with limits, but want to know that the limits are fair and consistent.

Discipline is the way adults teach children to grow to be happy, safe, well-adjusted members of society. Guiding children to learn to control their own behavior is worth the initial effort as children become more and more responsible for their own actions.

Resources:

www.medem.com/MedLB/article

www.kellybear.com

www.kidsource.com

Making Children Mind Without Losing Yours, by Dr. Kevin Leman

The Everything Parent's Guide to Positive Discipline, by Carl E. Pickhardt, Ph.D.

Positive Discipline for Preschoolers, by Nelsen, Erwin, and Duffy

Volume 7, Issue 4

April / May
2007

All classes require early registration unless otherwise indicated. Registration information is included with each class description. Most classes are open to all Service members, their family members, and DoD civilians.

Inside this issue:

Article:

Appropriate Discipline: Setting Limits With Young Children 1

- *Parenting* 2-3
- *Home, Marriage & Money Management* 3-5

April is Sexual Assault Awareness Month (SAAM) 5

- *SAAM Calendar & Resources* 6-7
- *Employment Readiness* 8

April is Child Abuse Prevention Month 8

- *Support Groups* 9
- *Army Family Team Building (AFTB)* 9
- *Exceptional Family Member Services* 10

For general or disabled access, more information, and registration, please contact the individual program number listed with the class ad.



To advertise your program, event or class in this bulletin, contact:

Karen St. Pierre
(703) 696-3512
Karen.Stpierre1@us.army.mil

PARENTING

Andrews Air Force Base, Maryland

Dads 101

Date(s): Last Tuesday of every month

Time: 8:00 a.m.—4:00 p.m.

Location: Chapel # 3, near base theater, Andrews Air Force Base

POC: Taught by Dads

To register, call (240) 857-9680/7501.

A class taught by dads for dads to include topics on pregnancy, coaching during childbirth, relationships, parenting issues and fatherhood. All ranks and branches welcome!



Infant And Toddler University

Date(s): Every Tuesday

Time: Infants 9:30—10:25 a.m. and Toddlers 10:30—11:30 a.m.

Location: Youth Center, Andrews Air Force Base

POC: Ms. Joyce Cravin, & Ms. Kadija Raddar

To register, call (240) 857-9680.

Playgroups for children ages 3 months to 36 months. All are welcome, retirees, active duty and even grandparents! Playgroup is free.

Bolling Air Force Base, DC

Dr. Dad

Date(s): Last Tuesday of every month

Time: 8:00 a.m. — 4:30 p.m.

Location: Chapel, Bolling Air Force Base

POC: TSgt Wilson & TSgt Madison, MSgt St. Fort

To register, call (202) 404-3523 or (202) 767-0611.

This course is taught by men for men regarding infant care, safety, health and injury.

Ready, Set, Baby

Date(s): Second Thursday of every month

Time: 1:00—4:00 p.m.

Location: Family Support Center, Bolling Air Force Base

POC: Ms. Gail Tucker-Carlisle, RN

To register, call (202) 767-0450.

This course covers topics of Sudden Infant Death Syndrome (SIDS), Shaken Baby Syndrome (SBS), Breastfeeding and Post partum depression (PPD) along with other presentations by Family Support Center staff and Family Advocacy. The layette program is sponsored by Air Force Aid Society.

Fort Belvoir, Virginia

Play Mornings

Date(s): Every Wednesday & Thursday

Time: 9:00—11:00 a.m.

Location: Youth Services Building, 5850 Langfitt Loop, Fort Belvoir

Group Leader: Mr. Joseph Lee

To register call (703) 805-3339.

Parents and children 6 years and under are invited to join in group activities designed to encourage positive parent-child attachments, stimulate physical growth and brain development, while creating meaningful experiences for a lifetime. Immunization records required for all children and a blanket for infants.

Fort Myer, Virginia

Developmental Play

Date(s): Every Wednesday

Time: 9:30 — 11:30 a.m.

Location: Memorial Chapel Nursery, Fort Myer

Group Leader: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512.

Activities for parents and children ages 1-5 which focus on cognitive, physical and social skills through imaginative play, art, story telling and music. This interactive setting also helps develop parent/child bonding and parental support. Registration is required.

Budgeting for Baby & Baby Bundles

Date(s): April 13, & May 4, 2007

Time: 1:00—4:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier & Ms. Fran Herron, L.P.C.

To register, call (703) 696-3510.

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood. The layette program is sponsored by Army Officer's Wives Club of the Greater Washington Area (AOWCGWA).

Staying Home Alone: Is Your Child Ready?

Date(s): April 19, 2007

Time: 12:00 — 1:30 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512.

Parents will learn about the hazards of children being home alone, how to keep their children safe during these times, and resources available for extra help. Registration required.

S.O.L.V.E.

Date(s): April 24, & May 1, 8, 2007

Time: 4:00—6:00 p.m.

Location: Library, Bldg 469, Fort Myer

Instructor: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512.

During these 3 weeks, parents will learn how to be active parents, win children's cooperation, develop responsibility, and build courage, character, and self esteem in your child.



Active Parenting Now

Date(s): May 15, 22, 29 & June 5, 12, 19, 2007

Time: 4:00—6:00 p.m.

Location: Fort Myer Library, Bldg 469, Fort Myer

Instructor: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512.

During these six weeks parents will learn how to be an active parent, win children's cooperation, develop responsibility, and build courage, character, and self esteem in your child.



PARENTING (CONTINUED)

Walter Reed Army Medical Center, DC

Prepared Child Birth Class

Date(s): April 10, 2007

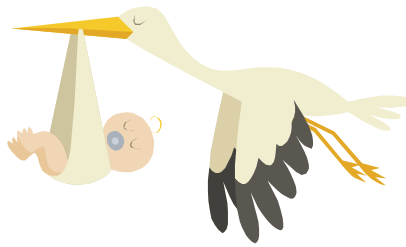
Time: 10:30 a.m.—4:30 p.m.

Location: WRAMC, ACS Bldg 17, Conference Room

Instructor: Ms. Christy Bergemann

To register, call (202) 782-0453.

Participants will learn the anatomy and physiology of pregnancy, stages of labor, coping mechanisms, comfort measures, relaxation, breathing, pain management, and care for you and your baby after delivery.



Infant Care Class

Date(s): April 12, 2007

Time: 10:00 a.m.—12:00 p.m.

Location: WRAMC, ACS Bldg 17, Conference Room

Instructor: Ms. Christy Bergemann

To register, call (202) 782-0453.

Participants will get a chance to practice infant care skills. Topics include: caring for your newborn, newborn appearance and behavior, diapering, bathing, and comforting a crying baby.

**A
P
R
I
L**



**2
0
0
7**

HOME, MARRIAGE & MONEY MANAGEMENT

Fort Belvoir, Virginia

English as a Second Language Class (ESL)

Date(s): Every Monday

Time: 1:00—3:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

Group Leader: Ms. Patty Barron

For information, call (703) 805-4590

Registration is required. Please call.

US Citizenship

Date(s): Every Monday

Time: 5:00—7:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

Instructor: Ms. Patty Barron

To register, call (703) 805-4590.

This class is for students preparing to take the citizenship examination. Registration is required. Please call.

Newcomers Orientation

Date(s): April 2, & May 7, 2007

Time: 9:00—11:30 a.m.

Location: Sosa Community Center, Fort Belvoir

Instructor: Ms. Ponsella Whitehurst

To register, call (703) 805-5058.

This brief welcomes arriving soldiers, family members and civilian employees to Fort Belvoir.

Levy Brief / Smooth Move

Date(s): April 12, 26, & May 10, 24, 2007

Time: 9:30—11:30 a.m.

Location: Barden Education Center, Fort Belvoir

Instructor: Ms. Tammye Braddy

To register, call (703) 805-4543.

This class helps prepare soldiers and family members for PCS moves.

Welcome to Germany

Date(s): April 19, & May 17, 2007

Time: 9:30—10:30 a.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

Instructor: Ms. Ponsella Whitehurst & Ms. Tammye Braddy

To register, call (703) 805-5058/4543.

This class is for personnel and family members preparing to PCS to Germany. Registration is required. Please call.



Welcome to Korea

Date(s): April 26, & May 24, 2007

Time: 9:30—10:30 a.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

Instructor: Ms. Ponsella Whitehurst

To register, call (703) 805-5058.

This class is for personnel and family members preparing to PCS to Korea. Registration is required. Please call.

HOME, MARRIAGE & MONEY MANAGEMENT (CONTINUED)

Fort Myer, Virginia

Personal Financial Readiness

Date(s): April 3, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. Terry Beltz

To register, call (703) 696-3510.

Learn all the ABC's of getting your finances under control and becoming financially self sufficient!



Savings and Investments

Date(s): April 12, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier

To register, call (703) 696-3510.

This class covers various the importance of savings and investing your money for a financially secure future.

Budgeting for Baby & Baby Bundles

Date(s): April 13, & May 4, 2007

Time: 1:00—4:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier & Ms. Fran Herron, L.P.C.

To register, call (703) 696-3510.

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood.

The layette program is sponsored by Army Officer's Wives Club of the Greater Washington Area (AOWCGWA).



Credit Booster: Secrets of Using Credit

Date(s): April 12, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier

To register, call (703) 696-3510.

This insightful session uncovers the secrets of successfully and intelligently using credit. Discover key points and methods of using credit and becoming a wise consumer.

Credit Booster: Your Credit Rights & Responsibilities

Date(s): April 23, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier

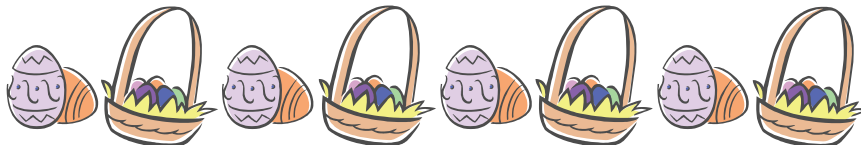
To register, call (703) 696-3510.

Topics discussed during this seminar will be your rights as a credit holder, your responsibilities in obtaining and maintaining credit, and being a smart consumer.

Smooth Move

Date(s): April 24, & May 22, 2007

Time: 11:30a.m. — 1:30 p.m.



Location: Army Community Service, Bldg. 201, Fort Myer

Instructor: Ms. Alanah Lavinier

To register, call (703) 696-3510.

Get the latest information about ACS Relocation resources, the transition process, transportation information, travel pay & allowances, shipping household goods and budgeting for your move.

Debt Liquidation & Credit Management

Date(s): April 26, 2007

Time: 11:30a.m. — 1:30 p.m.

Location: Army Community Service, Bldg. 201, Fort Myer

Instructor: Ms. Alanah Lavinier

To register, call (703) 696-3510.

This informative workshop covers ways to eliminate debt and keep your credit in check.

What Planet Is Your Sweetheart From?

Date(s): April 28, 2007

Time: 9:30 a.m. — 1:30 p.m.

Location: Army Community Service, Room 14, Bldg 201, Fort Myer

Instructor: Ms. Fran Herron, L.P.C. & Ms. Patti Wells

To register, call (703) 696-3512.

This course begins with participants participating in a Myers Briggs Personality Type Inventory. During the course, students will learn their personality types, what they mean, and how they may effect their relationships with others.

Developing Your Spending Plan / Budgeting

Date(s): May 3, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier

To register, call (703) 696-3510.

Workshop gives all the necessary tools in creating your personal budget plan. By the end of the workshop you should have your own personalized plan.

Home Buying Seminar & VHDA Home Ownership

Date(s): May 7, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. Jeff Thomas & Mr. Terry Belts (VHDA)

To register, call (703) 696-3510.

Class covers budgeting, credit, the loan process qualifying and lower rate programs, home inspections, the loan closing process & closing documents.

First Termers Mandatory Money Management

Date(s): May 8, 2007

Time: 8:00 a.m. — 4:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier & Mr. Leonard Toyer

To register, call (703) 696-3510.

This class is mandatory for first term enlisted soldiers. The workshop covers the basics of personal financial management.



HOME, MARRIAGE & MONEY MANAGEMENT (CONTINUED)

Remedial Check Writing

Date(s): May 9, 2007

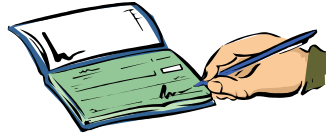
Time: 2:00—4:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier

To register, call (703) 696-3510.

Learn the ABCs of checkbook maintenance.



You Are In Control

Date(s): Five Thursday's: May 17—June 14, 2007

Time: 9:00 —10:00 a.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

To register, call (703) 696-3456.

This successful series teaches participants how to recognize angry reactions and how to reduce negative emotional reactions and the physical symptoms that accompany anger by developing problem-solving skills, setting boundaries, and enhancing communication in order to have a sense of self-control.

Banking & Financial Services

Date(s): May 10, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. David Hobbs

To register, call (703) 696-3510.

This class gives the insight from choosing a bank to particular services that they offer and how they benefit you.

Credit Booster: Understanding Your Credit Score

Date(s): May 24, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. Jeff Thomas

To register, call (703) 696-3510.

Find out everything you need to know about your credit score, what it means, and how it affects you.

Recognizing Consumer Scams

Date(s): May 14, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Alanah Lavinier

To register, call (703) 696-3510.

This class gives tips on identifying possible scams and avoiding identity theft.

Walter Reed Army Medical Center, DC

Stand Up Against Sexual Assault—Make a Difference

Date(s): April 26, 2007

Time: 10:00 a.m.—12:00 p.m.

Location: WRAMC, ACS Bldg 17, Conference Room

Instructor: Ms. Tania Deal

POC: (202) 782-0377

Sexual abuse prevention and awareness class.

Long Term Care Planning

Date(s): May 17, 2007

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. Tony Pao

To register, call (703) 696-3510.

Learn about investment products and strategies for retirement care planning.

April is Sexual Assault Awareness Month (SAAM)

This month is dedicated to raising awareness about Sexual Violence within the FMMC Community. The Sexual Assault Response Coordinator (SARC) and/or Unit Victim Advocates (UVAs) work year round to encourage every Soldier to end Sexual Violence and to support survivors by providing prevention education and survivor empowerment information.

Restricted Reporting Option

This option is available for victims of sexual assault who are soldiers and wish to confidentially disclose the crime to specifically-identified individuals and receive medical treatment and counseling without triggering the official investigative process. Service members who are sexually assaulted and desire restricted reporting under this policy must report the assault to one of the following:

- Sexual Assault Response Coordinator (SARC)
- Victim Advocate (VA)
- A healthcare provider
- A Chaplain.

This policy on restricted reporting is in addition to the current protections afforded privileged communications with a chaplain and does not alter or affect those protections.

Healthcare providers will initiate the appropriate care and treatment, and report the sexual assault to the SARC or VA in lieu of reporting the assault to law enforcement or the command.

To Report a Sexual Assault 24/7 please call the FMMC hotline @ 703-919-1611

Sexual Assault Awareness Month

April 2007

Mon	Tue	Wed	Thu	Fri
2	3 <i>DOD Pentagon Display</i>	4	5 Day to End Sexual Violence (NSVRC) <u>1100-1300 Pentagon Display</u> NCR SARCS <u>1230-1330 Talk to your Teen About Sex- ual Assault</u> (Fort Meade, NSA Ops I, Room 2W037-2)	6
9	10	11 <u>1130-1230 Protect your Child from Internet Predators</u> (Fort Meade)	12 <u>1100-1300 Pentagon Display</u> (NCR SARCS)	13 <u>1500-1700 Sexual Assault Awareness Month Festival & 5K Run</u> (Fort Meade, Parade Field)
16 FMMC Initial UVA Training	17 FMMC Initial UVA Training <u>1300-1430 Self Defense Seminar</u> (Fort Meade)	18 FMMC Initial UVA Training <u>1100 5K Run</u> (NAS Pax River) <u>1200-1330 Brown Bag Lunch Workshop: Relationships between Sexual Assault and Gangs</u> (SARA)	19 <u>1100-1300 Pentagon Display</u> (NCR SARCS) <u>1300-1600</u> <i>"Serving Survivors Who Also Perpetrate Sexual Assault"</i> (SARA, @ Alex City Hall) <u>1800-1930 Dating for Dummies</u> (Fort Meade)	20 <i>SARA Clothes Line Project</i> (FMMC Chapel) <u>1100-1300 FMMC Sexual Assault Awareness Chili Cook-Off</u> (FMMC Chapel) <u>1300-1600 Men Can Stop Rape</u> (FMMC Chapel)
23	24	25 <u>0930-1130 NCR SARCS DC Rape Crisis Center Panel on Sexual Assault Programs & the Military</u> (WRAMC)	26 <u>1100-1300 Pentagon Display</u> (NCR SARCS) <u>1800-2000 "Searching for Angela Shelton"</u> <i>Movie</i> (Fort Meade)	27
30 <u>1300-1600 Men Can Stop Rape</u> (FMMC)	   			



National Capital Region Sexual Assault Response Coordinator

Air Force

Air Force District of Washington
(202) 404-5738

Andrews Air Force Base
(202) 498-2818

Bolling Air Force Base
(202) 404-5738

Fort Meade-Air Force
(240) 678-7100

Army

Fort Belvoir
(703) 805-3339

Fort Meade
(443) 845-0876

Fort Myer (FMMC)
(703) 919-1611

Walter Reed Army Medical Center
(WRAMC)
(202) 782-0377

Navy

Annapolis
(410)293-2641

Dahlgren
(540) 653-1164

Patuxent River
(301) 342-4911

Fort Meade
(301)677-9039

Naval District of Washington
(202) 257-0843

Marine Corps

Henderson Hall Victim Advocate
(703) 899-7251

Marines Corps North of Quantico
(703) 614-1625

Quantico
(703) 784-2354

References:

FMMC 24/7 SAPR Hotline
703-919-1611

<http://www.fmmcmwr.com/sapr.htm>

Men Can Stop Rape
[Www.mencanstoprape.org](http://www.mencanstoprape.org)

DC Rape Crisis Center
<http://www.dcrcc.org/saam07>
24-Hour Hotline: 2020333-RAPE

National Sexual Violence Resource Center
www.nsvrc.org

S.A.R.A.
Sexual Assault Response Advocates
<http://www.saraadv.org/>
(703)683-7273 24 Hour Hotline

EMPLOYMENT READINESS

Fort Meade, Maryland

Federal Employment

Date(s): April 3, & May 22, 2007

Time: 9:00 a.m. —12:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

Instructor: Ms. Phyllis Wheeler

To register, call (301) 677-5590.

Learn about understanding job vacancy announcements, writing your Federal and Electronic Resumes, tracking your applications, writing KSA (knowledge, skill and ability) statements and more. Please call to register and confirm classroom location.

Interviewing Skills

Date(s): April 11, 2007

Time: 1:00 —2:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

Instructor: Ms. Phyllis Wheeler

To register, call (301) 677-5590.

This workshop teaches basic interviewing skills and tips on dressing for success so you can present yourself as the best candidate for the job of your choice. Learn the do's and don'ts of job interviews. Included in this course are strategies on how to successfully work a job fair.

Resume Writing

Date(s): April 24, 2007

Time: 9:00 a.m. — 12:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

Instructor: Ms. Phyllis Wheeler

To register, call (301) 677-5590.

This workshop, ideal for first time resume writers, but with something for everyone, will provide tips on winning resume styles, the importance of cover letters and tips on following up on your resume. Please call to register and confirm classroom location.

Fort Meade MWR Community Job Fair

Date(s): April 25, 2007

Time: 10:00 a.m. —3:00 p.m.

Location: Club Meade, 6600 Mapes Road, Ft. Meade

Instructor: Mr. Jerome Duncan

To register, call (410) 674-5240.

This job fair is open to all job seekers. Job seekers who do not possess a Department of Defense (DoD) Identification card must enter the installation at the Reece Road Gate (Main Gate) off MD route #175. Job seekers who do not possess a DoD vehicle decal or id card must have in their possession a valid pictured drivers license, current vehicle registration and proof of vehicle insurance.

Job Search Strategies

Date(s): May 29, 2007

Time: 9:00 a.m. —12:00 p.m.

Location: 830 Chisholm Avenue, Fort Meade

Instructor: Ms. Phyllis Wheeler

To register, call (301) 677-5590.

In this workshop learn techniques to help you succeed in your job search as well as the tools for networking and negotiating job offers.

Fort Myer, Virginia

Second Annual Military Spouse Career Expo

Date(s): May 5, 2007

Time: 8:00 a.m. —4:30 p.m.

Location: Barden Education Center, 9625 Belvoir Road, Fort Belvoir

POC: Ms. Judy Joyner

To register, call (703) 696-3510.

This event is packed with workshops, vendors, guest speakers and more. Sponsored by the USO and the Joint Employment Transition Services (JETS).

JETS Job Fair

Date(s): May 18, 2007

Time: 10:00 a.m. —2:00 p.m.

Location: Sosa Recreation Center, Fort Belvoir

POC: Ms. Judy Joyner

To register, call (703) 696-3510.

The Joint Employment Transition Services and USO sponsor this job fair. Bring your resumes. Due to the confined space, this activity is not suitable for children.

April is Child Abuse Prevention Month

During this time we focus on the importance of providing children with a safe and nurturing environment in which they can grow to their full potential as responsible adults and members of society.

Child Abuse Statistics in the USA

- An estimated 906,000 children are victims of abuse & neglect every year. The rate of victimization is 12.3 children per 1,000 children
- Children ages 0-3 are the most likely to experience abuse. They are victimized at a rate of 16.4 per 1,000
- 1,500 children die every year from child abuse and neglect. That is just over 4 fatalities every day
- 79% of the children killed are younger than 4

Caregivers, adults, and members of society in general have a moral obligation to protect all children from abusive experiences. Communities and schools can raise awareness through parent education programs and public education campaigns. For additional information please contact Army Community Service, Family Advocacy Program at 703-696-3512. For information on the web visit www.childhelp.org or www.scanva.org



SUPPORT GROUPS

Fort Belvoir, Virginia

International Spouses Meeting

Date(s): April 18, & May 16, 2007

Time: 6:00—8:00 p.m.

Location: Army Family Team Building Office, Bldg 1153, Fort Belvoir

Instructor: Ms. Julie Divine

To register, call (703) 805-5555.

This class provides information for foreign born spouses.

Hearts Apart

Date(s): April 19, & May 17, 2007

Time: 6:00—7:30 p.m.

Location: Army Family Team Building, Bldg 1153, Fort Belvoir

Instructor: Ms. Patty Barron

To register, call (703) 805-1519.

Support group for spouses whose sponsor is serving away from home.

Sailing Solo

Date(s): Twice a month starting May 8, 2007 through November 27, 2007

Time: 12:00—1:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

Instructor: Ms. Diane Pierre

To register, call (703) 805-3339

This group provides single parents the opportunity to connect and support one another in a comfortable and supportive environment, and receive parenting information. Parents with children of all ages invited.

Fort Myer, Virginia

Parents Helping Parents (PHP)

Date(s): April 24, & May 29, 2007

Time: 10:00 a.m.—12:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Dannielle Semilla

To register, call (703) 696-3512.

PHP is an active group of parents who come together monthly to network with other parents while spending quality time with their children attending exciting and fun events and outings. This support group offers information, helpful tips, local resources and problem solving suggestions from the group participants. Our facilitator also provides referrals and information on other services available to parents. Activities vary every month. Why not come join us and be a PHP!



ARMY FAMILY TEAMBUILDING

Fort Belvoir & Fort Myer Virginia

Family Readiness Group Roundtable

Date(s): April 12, 2007

Time: 12:00 — 1:30 p.m.

Location: AFTB Classroom, Bldg 1153 Gunston Road, Ft. Belvoir

POC: Ms. Ann Hamilton

To register, call (703) 805-5556.

Monthly meeting for all family readiness group leaders.

AFTB - Level III

Date(s): April 16—19, 2007

Time: 9:30 a.m. — 2:30 p.m.

Location: Lewis Village Community Center, Ft. Belvoir

POC: AFTB Instructors

To register, call (703) 805-5556.

Level III covers leadership skills including group conflict management, media relations, developing presentations and more.



AFTB Instructor Training

Date(s): May 1-4, 2007

Time: 9:30 a.m. — 3:00 p.m.

Location: AFTB Classroom, Bldg 1153 Gunston Road, Ft. Belvoir

POC: AFTB Instructors

To register, call (703) 805-5556.

Training for AFTB instructors on course materials and presentation skills.

Family Readiness Group Roundtable

Date(s): May 10, 2007

Time: 12:00 — 1:30 p.m.

Location: AFTB Classroom, Bldg 1153 Gunston Road, Ft. Belvoir

POC: Ms. Ann Hamilton

To register, call (703) 805-5556.

Monthly meeting for all family readiness group leaders.

AFTB - Spouse Leadership Course

Date(s): May 22-24 2007

Time: 9:30 a.m. — 3:00 p.m.

Location: AFTB Classroom, Bldg 1153 Gunston Road, Ft. Belvoir

POC: AFTB Instructors

To register, call (703) 805-5556.

This course is for any spouse whose sponsor is in or about to take a leadership/command position. It also greatly benefits spouses currently in a leadership position.

EXCEPTIONAL FAMILY MEMBER SERVICES

Fort Belvoir, Virginia

Exceptional Family Member Respite Care Services

Location: Army Community Service, Bldg 210, Fort Belvoir

POC: Ms. Alma Keating

For more information, call (703) 805-2967.

EFMP families assigned to Fort Belvoir may receive up to 10 hours per month of free respite care services for those who qualify.

Exceptional Family Member Saturday Swim

Date(s): Every Saturday

Time: 1:00—3:00 p.m.

Location: Benyaurd Indoor Swimming Pool, Gay Rd. Bldg 183, Fort Belvoir

POC: Ms. Alma Keating

To register, call (703) 805-2967.

Free open swim for the entire EFMP family.

Exceptional Family Member Family Arts & Crafts

Date(s): Every 3rd Saturday of the month

Time: 1:00—3:00 p.m.

Location: Army Community Service, Bldg. 210, Fort Belvoir

EFMP families join together for a day of arts & crafts for the entire family. Different projects each month. Snacks provided.

Teen Bowling

Date(s): Every 2nd Saturday of the month

Time: 12:00—2:00 p.m.

Location: Fort Belvoir Bowling Center

POC: Ms. Alma Keating

To register, call (703) 805-5435/2967.

EFMP pays for one free game of bowling giving parents & teens an opportunity to fellowship together.

Parent Support Group

Date(s): Each 1st Saturday of the month

Time: 1:00—3:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

POC: Ms. Alma Keating

To register, call (703) 805-2967.

This group provides an opportunity for parents with special needs children to support each other and to receive resource information. Childcare not provided.

Rights & Responsibilities

Need information about your rights and responsibilities concerning disabilities?



Contact Your
Exceptional Family Member
Program Manager

Fort Myer . . (703) 696-3510
Fort Belvoir. (703) 805-2967
Fort Meade . . (301) 677-5590
WRAMC. . . (202) 782-3390



Wear a blue ribbon for Child
Abuse Prevention Month.

Listed are some activities in support of Child Abuse Prevention Month & Month of the Military Child:

For more information or details call the number listed for the event

April 8	Brunch With The Easter Bunny	Ft. Belvoir (703) 805-2693/9117
April 10 & 17	Child Abuse Awareness Pentagon Display	Ft. Myer (703) 696-3512
April 13	Month of the Military Child Carnival	Ft. Myer (703) 696-3095
April 14	Little League Opening Day	Ft. Belvoir (703) 805-2693/9117
April 17	Movie Matinee	Walter Reed Army Medical Center (202) 782-0453
April 21	Family Fun Day	Ft. Belvoir (703) 805-2693/9117
April 26	Parent University	Ft. Belvoir (703) 805-2693
April 28	Sonic Boom Track Kick-Off	Ft. Belvoir (703) 805-2693/9117